



**Sarah Reyburn**

**Spoon Mountain Farm**

\*\*\*

Date: May 19, 2022

Location: Meadows of Dan, Virginia

Interviewer: Jessica Taylor

Transcription: Sharp Copy Transcription, LLC

Length: 46 minutes 1 second

Project: Patrick County Public Events Baking

0:00:00

Jessica Taylor: This is Jessica Taylor interviewing Sarah Reyburn on May 19, 2022, in Meadows of Dan. And ma'am, can you please tell me when and where you born, where you're from.

Sarah Reyburn: I was born in Boston, Mass. I lived in Concord, Mass. for the first eighteen years of my life and I went to school and went off and became a grownup. And I went to college a couple of times. [Laughter] So I lived in Massachusetts; California, in San Francisco; New Hampshire; and Cape Cod again, Massachusetts. That was the twenty-six years prior to moving here, purchasing this land and developing it here, which was between 2008 and 2012. So I've been here since 2012.

Jessica Taylor: And what are your earliest memories of baking?

0:01:01

Sarah Reyburn: My earliest memories of baking was not being allowed in the kitchen as a child. But as soon as I got to be a young adult and independently living, I got very interested in cooking all sorts of things. And I love to try new things, and I love to share baking and cooking, and I love to eat good food. [Laughter]

Jessica Taylor: Why did you get so interested in baking as a young adult?

Sarah Reyburn: Well, it just was a fun kind of hobby and also it was nurturing and something that was sharing, and it's a creative process like many other creative processes that I am interested in.

Jessica Taylor: How did you learn how to bake, with family or friends or from cookbooks?

Sarah Reyburn: My mother had some favorite recipes, and she did demonstrate but she didn't really allow me access to the kitchen.

0:02:01

So I still have some of her recipes, as a matter of fact, and some of them are from cookbooks. And I associate banana bread and banana nut bread with my mom and a few other things.

Jessica Taylor: What other things did your mother like to bake?

Sarah Reyburn: I don't know whether she really liked to bake. We didn't bake a lot because my father was diabetic, so we didn't eat very many sweet things. I do remember her once baking donuts. That was kind of fun. I have not yet made donuts myself but watching them pop up and float and come to the surface was fun. She would make bread from time to time, but typically we didn't have deserts and I'm not a sweet baker now. I like to use organic food. I like vegetables and fruits. And so my baked goods are often things like zucchini bread or banana bread or chocolate cherry quick bread.

0:03:05

And I'm always trying to add vegetables and fruits into—blueberry muffins, things like that. So I'm always trying to add fruits and vegetables into the things that I bake. And I use my own eggs from my own chickens, and I use butter. I like to use the best ingredients. I particularly prefer King Arthur flour and I don't want to use anything with additives in them [**except** 0:03:35] the

things I add. So that's my thing. And I like to eat but I might like a piece of something. I don't want a whole lot of it. So that's why, I guess. I found that I filled a niche here in the community and now I have a little following, particularly for my biscottis and quick breads and so forth. And that's a nice way to share with the community.

0:04:02

And I talk about organic food, and I talk about farm-fresh eggs, and I tell people what's in my baked goods. Also it's required that I put a label on them saying what's in there and who made it and where it was made and so definitely not for resale kind of deal because home bakers don't oftentimes have certified kitchens, so there is that.

Jessica Taylor: Yeah. And so there's an educational component to what you do, too, it sounds like.

Sarah Reyburn: I enjoy doing that. I like informing people about what I'm sharing with them and what they are able to benefit. And I believe they're able to benefit from this.

0:04:58

I'm a walking advertisement for King Arthur flour and Cabot cheddar cheese and those things. I use Rumford's baking powder because it doesn't have any aluminum whatever it is in there. So I seek the best possible things I can to share with my community members.

Jessica Taylor: Can you tell me a little bit more about how you developed your quick bread and biscotti recipes?

Sarah Reyburn: Not really because—well, the biscotti recipe came to me through a friend, and I just elaborated on that by adding different things. And the other ones are recipes that come from basic recipe cookbooks or whatever. Sometimes I look up things or I see things and I augment them by adding this or adding that.

Jessica Taylor: So you said the biscotti came to you from a friend?

Sarah Reyburn: Yeah, it came to me from a friend.

0:05:59

Actually, a young woman who is staying here in a WWOOFing capacity. Her name's Emily. And she made biscotti and they were delicious. And I said, "Oh, so how do we do this?" And she gave me the basic recipe and now that's one I've committed to memory. I could recite it for you. But within that, there's the typical just plain vanilla biscotti but then sometimes I add lemon and candied ginger and I add cranberry walnut and that's another kind. So this week I'm taking cranberry walnut biscotti and vanilla almond biscottis to the farmers market. Next week I'll probably take—I don't know. It depends on what I have for ingredients. I'm probably going to do lemon ginger and cranberry walnut again. Different people like different things.

0:06:57

And I try to keep things affordable, so my things are typically—I sell three biscottis for three dollars, and I sell my quick breads for five dollars except for the chocolate cherry one. That's six. And my bowls of crusty garlic bread I sell that for six. But I'm only taking two or four or three loaves of bread on any given weekend because one person can only bake so much. I do like to sometimes take quiches and I like to make crustless quiches and they are usually, oh, probably

cheddar cheese and bacon or cheddar cheese and broccoli, and people seem to like them a whole lot. And the reason I like to make them crustless is because then they are gluten free. I use Cabot's aged cheddar cheese and so, because it's aged and cheddar and a hard cheese, it's also gluten free.

0:08:05

Jessica Taylor:       Awesome. Okay. And you mentioned Emily who is a WWOOFer.

Sarah Reyburn:       Yes.

Jessica Taylor:       Can you explain a little bit more about how the baking fits into all the other stuff that you do here?

Sarah Reyburn:       Well, on that particular occasion I was just doing something, and she mentioned it and said, oh, she'd make some. And I said, "Go have at it." And she did. So that's how it is. Typically, people who come don't necessarily work in my kitchen because it's small and because I have to be cost-effective. When WWOOFers come, my part of the agreement is to feed them three meals a day and to give them a place to sleep.

0:09:00

And I have to be in the portion control business of what I feed people because otherwise it would not be of benefit to me. I have fresh fruit, fresh vegetables, some kind of protein, and usually eggs because I have chickens. So we work it out.

Jessica Taylor:       Can you explain for the recorder what a WWOOFer is?

Sarah Reyburn: A WWOOFer is a volunteer. This is a wonderful organization. I first became aware of it in 2008. And at that time I was living in Brewster, Mass., which is not a rural farming community at all, but I did have a yard that amounted to almost two acres. So I just created this little thing that said—I think it was our first names and “tiny organic farm.” Who doesn’t want to go to Cape Cod in the summertime, right?

0:10:02

So I had some young people come from Paris. I had some young people come from Great Britain. I had some young people come from around the country. They were staying for a weekend, or they were traveling. And it was a great experience. We had guest rooms and a guest barn and lots of ways to put people up. And we just enjoyed the interaction. They didn’t have to do much but that was okay, too. Cape Cod, it doesn’t have good soil so what I needed to do was create a large enough space that was—I actually bermed in earth because it’s a very sandy soil there so I had to create this space. So WWOOFers, it’s an organization for people who want to travel and want to learn about farming and who want to spend time doing this, hands on.

0:11:01

So it’s worldwide opportunities for organic farmers. You don’t have to be an organic farmer, but you do have to have the mindset of. You don’t have to be certified. And most recently I had a woman who I think was, like, sixty-five last year. And the youngest WWOOFers I’ve had have been eighteen and the oldest have been sixty-six or so. So I typically might get one, two, or three people a year. It’s usually helpful and it’s an exchange of information. I learn from folks, as well.

I share the information that I have here. I'm segueing into working more with herbs and wild harvesting and those sorts of things.

0:12:00

So I'm making tinctures and oils from what grows here naturally. I did goldenrod and rosemary and . . . What else did I do? A couple others. I have them in bags over there, but that's a whole different story. So now I'm working more like that, with food and vegetables and weed walks, taking people out on these trails I have. I have three trails and they can identify native wildflowers and herbs. And it's amazing how many things just grow here naturally that are medicinal and edible that people don't even consider eating. For example, dandelions, plantain, violets. What else?

0:13:01

Chicory. So many different things. We don't even have to worry about ever going hungry if we know what to look for.

Jessica Taylor:       What is the intellectual community like for WWOOFers and for the people that come to Spoon Mountain Farm? It sounds like you've got some exchange with bakers.

Sarah Reyburn:       Mostly people want to learn about what I do here with the land and so forth. And previously when I had angora goats and alpaca, people were very interested in learning about that and how to process the fiber, which I did and I still do on occasion, but it's not my main focus right now. A lot of people who came as Airbnb guests came because they wanted to pet the alpaca.

0:14:00

And I took pictures of them with it and got a lot of nice reviews. And while I love alpaca and I miss their furry little faces—I really do—it just came to a place where I needed to stop doing that heavy animal husbandry. And although I sometimes think about, well, you get another couple goats—but I don't think I'm gonna do that. [Laughter] I'm just gonna focus on other creative aspects of my life.

Jessica Taylor:           And so once you stepped back from heavy animal husbandry did you ramp up baking?

Sarah Reyburn:           I ramped up baking definitely and I've spent a whole lot more time painting. And these days I generally make small works of art for purposes of reproduction, reproducing them as in fantasy art cards or coloring book pages, things like that.

0:14:59

So yeah, it's a lot more fun.

Jessica Taylor:           What was it like to scale up the amount of baking you did in terms of just logistics in your house and going to farmers markets?

Sarah Reyburn:           Well, obviously, I'm only one person. There's so many hours in the day and I want things to be fresh, so my market day is Friday. My bake days are late Wednesday afternoon and Thursday. And sometimes I get up early on Fridays and make scones and take fresh, warm scones to the market, and those are usually just vanilla or lemon scones. People

seem to like them. But I don't do it every week. I try to make available things that people request and come looking for. Like my rosemary garlic crusty bread has a following.

0:16:02

Biscottis have a following. The cherry chocolate quick bread, people call me up for that. But even if I had unlimited resources and time and stuff—I'm only one person so I can only do so much. And for my purposes, as I mentioned before, I don't keep things from one week to the other. What I sell is freshly made. And if I don't sell it, I give it to community members or some people who are specifically saying, well, if you still have some of that I'll take it. So I'm limited and that's okay because I have other things that I do that are, I guess we could consider, more passive income. I have artwork out in different places and every once in a while, I get a check.

0:17:02

I have a contract to do a mural in Roanoke and I will get paid for that. And so from time to time that's where I want to put my energy. So I have Airbnb, the market, and art right now. Oh, and my exchange students.

Jessica Taylor:           How have you seen the opportunities around the farmers markets change since you got here?

Sarah Reyburn:           Yes, and it's grown. I've been doing it—I think this maybe is my fifth year in Stuart and it has grown. We have sixteen regular members down at the—I don't know—you don't call it a kiosk. It's a really nice structure. It's down there in Stuart.

0:18:00

And there's sixteen places for sixteen people who can commit to an annual commitment. And in order to qualify for an annual commitment you have to promise to be there eighty percent of the time or have been there eighty percent of the time the previous year. And that's very reasonable. Sixty dollars a year for the season and it goes from May, the first weekend in May 'cause now this is our third market, and it goes all the way until Thanksgiving. And then there's also a Mistletoe Market, which is a really nice event that happens at Christmastime, which is more gift-oriented and so forth. So I try to do them all unless it's really, really rainy or cold or you know nobody's gonna go. And I enjoy it. There's a sense of community because it's the same regular people all the time.

0:19:01

And then, they also have additional events. The gardening group will come monthly and that's the Master Gardeners and they do presentations, and other organizations come. And there's music there once a month sometimes. There's a real sense of community. It is on Fridays and it's from eight to twelve, and people who work say that that's sad for them because they can't really get there, which is kinda true, but it has a following. And I think we're helping people. The food is wonderful. The fresh vegetables are wonderful. And it's an eighty-twenty split.

0:19:59

It's eighty percent vegetables/food market and twenty more like soap and arty kind of things. My knitting and my fantasy art cards would come under that.

Jessica Taylor:       With the festivals, how have you seen that develop over time and what's been your participation?

Sarah Reyburn: I have done the Apple Dumpling Festival several times and also the Mistletoe Market, of course, also. Now, there was a time when I was doing the Artisan's Market in Floyd on Friday nights, so that was art. And I did start bringing some baked goods there, too. And if nothing else the other vendors were buying things and looking forward to it because it was for supper.

0:20:59

But up from eight to twelve on Friday morning and then from four to, like, nine on Friday night was, like, oh, I think I have to let something go. And I let Floyd go because there were more requirements. The Town of Floyd required anybody who participated to get a business license and so forth, and that was eighty dollars. And then, they also required you to pay a certain amount every night whether you made anything or not. And although it was Friday nights, which is a big deal night in Floyd, although a lot of people were just browsers and so forth, so I just thought I would give my energy to Stuart and other things.

0:22:00

I work with a couple of different stores, a couple of different art centers around where I put things in, and I want to keep that focus.

Jessica Taylor: And how have you seen the clients or however you want—customers change over the last ten years as far as who's coming to the farmers markets or buying baked goods or art from you?

Sarah Reyburn: I have not seen a great deal of change. There's a very dedicated group of people that come. Now, anytime it's a weekend or during the season then all sorts of people

come from everywhere and people bring their loved ones and people who are visiting. So I would say July through October are probably the better months for more people coming.

0:23:04

Right now it's slow and it will be—also, people mostly have greens. There's not a whole lot of produce up and out of the ground. And we do in Stuart have a number of people who come from North Carolina. They're a little bit ahead of us and most people are ahead of me because I'm up on the mountain here and Stuart is always ten degrees warmer and always about three weeks ahead. But that works for me sometimes at the tail end. I don't really try to sell produce at the farmers market in Stuart because the produce people are established and then I'm not going to—my twenty-two hundred cucumbers come in. [Laughter] I give them away or I make pickles. I might actually try and sell some of those things at the market up here in Meadows of Dan.

0:24:01

Jessica Taylor: You had said some things about making sure that the food is financially accessible and that some people might work during farmers market days. So it's something that you're thinking about in terms of how people can access the market.

Sarah Reyburn: Um-hm.

Jessica Taylor: Is that something that people are concerned about maybe in terms of broadening the sense of community?

Sarah Reyburn: There's a Tuesday afternoon market also and I think it's from four to seven so there is that opportunity, but not so very many people go. I don't major bake twice a

week. I might consider going for other things but not anytime soon. People certainly would like to make things more accessible and I'm very particular about what I offer to the community.

0:25:06

I want it to be affordable, like you said, and I want it to be highly nutritious and fresh, and that's important to me. Other people sell other kinds of baked goods, kind of like honey buns and sweet things and cream puffs and so forth, and that's fine because everybody wants stuff. But I have noticed that some of those loaves of bread that is selling for eight, nine dollars because they're artisan bread, that's just not for everybody. [Laughter]

Jessica Taylor: Yes. [Laughter] So you have kind of the art network of people that follow you, and then you have the people that follow your biscotti and your quick breads.

Sarah Reyburn: Um-hm.

Jessica Taylor: Do those followings intersect or those networks intersect?

Sarah Reyburn: Sometimes. People kind of know what I do because I'm out there in the community doing it.

0:26:02

And occasionally, I offer classes to people so I'm known as a presenter for different kinds of things that I enjoy doing that I share with the community. I paint on silks and so I make silk scarves and I've offered that as a workshop. And I've done things for kids, and I enjoy that. And as a matter of fact, I'm hoping to get some more of those gigs over this next two, I guess we'd call, business quarters. I'm pretty seasonal in terms of Airbnb. I'm second and third quarter,

April 1 to the end of October, because it's more like glamping. It's a little cabin. It's not winterized or anything like that.

0:27:01

So I do that. And the market is from April from December, so there's that. I like to travel now, too, in the wintertime and I've had opportunities to do that, and I want to create more of those opportunities for myself. 'Cause as we move through our life we evolve, and to take advantage of every opportunity to grow in various and multiple ways is just what keeps us active and interested in life and interesting as people, I think. [Laughter]

Jessica Taylor: That was another question that I had for you was—so the markets run through Thanksgiving and then you have the Christmas one.

Sarah Reyburn: Um-hm.

Jessica Taylor: How does what you bake vary seasonally both in terms of ingredients but also in terms of customers and ability to put it out there?

0:27:59

Sarah Reyburn: When it's peach season or apple season or blueberry season I make pies and when I make pies I don't sweeten—they are fruit pies, and they have a lard crust so that's what I offer. And I say, if you want to sweeten them up put on a dollop of whipped cream or ice cream or do whatever, and people do like my pies. So blueberry season is coming up and I have a farm nearby where I can go pick blueberries, pick your own, so I probably will go over there and start picking blueberries and making pies. I make personal pies, like six-inch pies, and then I

make bigger pies. And the way I handle that, or I have in the past, is I use a Pyrex plate and the people can pay fifteen dollars for the pie and if they bring the plate back, I'll give them five dollars back.

0:29:05

[Laughter] So far nobody's brought any back, but that's okay because I just mark up the cost of the Pyrex pie plate. So I try to be conscious of not sending tons of aluminum pans into the world also.

Jessica Taylor:           And in terms of what you do between Thanksgiving and May, you said you travel. Do you continue to bake during the winter and spring seasons?

Sarah Reyburn:           When I travel? [Laughter]

Jessica Taylor:           No. When you're not traveling. [Laughter]

Sarah Reyburn:           Well, when there's a market, yeah, but as an individual living by myself, I don't have great need to bake unless I'm going to a party or an event, I make something. So I bake seasonally for the market as a business, one of my many small businesses.

0:30:02

And I share with my community members also.

Jessica Taylor:           So you don't necessarily bake when there's not a market?

Sarah Reyburn:           Right.

Jessica Taylor: Okay. Perfect. And in terms of Christmas, what do you bake for the—you said Mistletoe?

Sarah Reyburn: Mistletoe Market. I'm more apt to bring things that are gift-oriented to the market. Things that I do traditionally bake at Christmastime are gingerbread men and ginger cookies and . . . What else did I do last year? I'm trying to think. I don't do a whole lot that's different. When I can get cranberries, I make cranberry nut bread and things like that.

0:31:00

Jessica Taylor: Okay. You mentioned the Pyrex plates—

Sarah Reyburn: Um-hm. Pie pans.

Jessica Taylor: Pie pans. With your kitchen here where we're sitting, how have you had to change, for example, pans, your oven, anything like that when you scaled up?

Sarah Reyburn: No. I really had a lot of stuff to begin with that I kept for sentimental reasons. I have pans that were my mother's pans. What was the point of replacing them? The pans that I use for these demi loaves, I don't ever remember them not being in my kitchen, even when I was little. [Laughter] So I just have a lot of stuff and I use what I have. And if I need to wash a bowl so I can make the next batch I just wash the bowl. [Laughter]

Jessica Taylor: Yes, that makes sense. [Laughter]

0:32:04

Have your customers played a role in changing what you bake? Have you had things that you say, more of this, less of this?

Sarah Reyburn: I put things out there and the things that most people are more attracted to I continue to bake. I have had some really nice things that I thought were tasty and so forth, and people will buy them, but there's other things—shortbread. People will buy shortbread, but shortbread takes a pound of butter. It's very expensive to make and it's also not particularly good for you to eat in batches, but it is delicious. So at Christmastime I make shortbread. And I don't want to just be circulating capital, I do want to have—if I'm making a hundred dollars a week as a potential, I really don't want to spend more than twenty on raw ingredients.

0:33:05

So it's a blessing that I have my own eggs because raising your own eggs costs a fortune itself. Those suckers eat a lot. [Laughter] And when it gets to be wintertime you still have to feed them when they're not laying. So there's that. But I think it's worth it for me because they're beautiful. I've had people come here as Airbnb people and WWOOFing people who have never seen an egg with a golden yolk, and they've never realized that eggs could taste as good as they can. So I'm always delighted when that happens. There was a time pre-COVID when part of my Airbnb invitation was a farm breakfast.

0:34:01

I stopped that with COVID and now I just do a continental breakfast, a breakfast basket with coffee, tea, juice, and/or fruit and possibly a baked good if I have something left. And typically that's what I might do on Saturday mornings with my biscotti if I don't sell it, it's here to be used for . . .

Jessica Taylor: Wow. Another thing I wanted to ask about was, what's been your relationship with the history of food here? There is this history of apple orchards and peach orchards and things like that, and does that influence you?

Sarah Reyburn: I'm a Yankee. [Laughter] So I learned the difference between Yankee cornbread and southern cornbread.

0:34:57

And I learned about the orchards here and I buy local whenever local is available. So my history with Wade's Orchards, the peaches and so forth, when they're around that's where I'm shopping. And there's a place called Wood's Produce which is down the mountain in Stuart. They buy from local people, so I'd be more apt to buy there than Walmart, so to speak. Anytime I can get something or anything locally from a person who's in business for themselves, and that goes from nuts and bolts and lumber or whatever, to anything that I buy to bake, I will choose the local source first.

Jessica Taylor: Can you elaborate on the difference between Yankee and Patrick County cornbread?

Sarah Reyburn: [Laughter] Yeah. Yankee cornbread's got sugar in it and southern cornbread does not.

0:36:01

Jessica Taylor: Got it. [Laughter] Were there other things like that that you found surprising coming here in terms of food or baking?

Sarah Reyburn: Well, people here like certain very simple foods, particularly people who have traditionally grown up here, primarily because it's a socio-economic kind of thing and there's not a lot of expendable income in many families, so they have learned to do many things. I have neighbors who are my age and even younger that have full pantries. They grow a garden, they can, and I can walk into somebody's basement, and it's covered with all sorts of things that have been canned.

0:37:00

And people also—I was surprised to learn that one of my neighbors cans meat, pork, and chicken and all these things that she bones, and they're never without food. And it doesn't really matter if we lose power for four days because—and I was doing that, too, up until the year before last because I had the opportunity to go to Las Cruces, New Mexico for a couple of months and I wanted to do that, so I realized I wasn't gonna need a full pantry to get myself through the winter. And I also learned that I can freeze tomatoes just as well as can them, so now I just freeze lots of tomatoes, and that's a basis for a lot of my meals. So I don't know if I answered your question, actually. [Laughter]

0:38:00

Jessica Taylor: That's a great answer. It was also about baking, like if you've noticed things that other people in the area are attracted to or bake. And I loved your comment about the socio-economic status making ingredients flexible, too. Have you noticed things in terms of baking?

Sarah Reyburn: Well, when you're apt to find people baking it might be for a church event or it might be for a monthly—COVID changed things a lot and the community's still not up and going. But I think there's a women's club in Meadows of Dan and they raise money to support the volunteer fire department.

0:39:04

Just volunteer fire department so we can't have any fires before four o'clock in the afternoon. And you want to hope there are no fires because whoever's in the volunteer fire department is out there doing what they do when they're not volunteering. So that's something to think about. But there were these monthly dinners, so you can go to dinner and then everybody would bring all sorts of different baked goods. So I was able to see what people had. And one thing that people like a whole lot down here, though I never even knew existed, was banana pudding. It's got, like, vanilla wafers in it. And another thing is, like, a chess pie. So those were new to me, and they seem to be very popular. And things with Jell-O and gelatin.

0:40:02

Jessica Taylor: And those were things that you weren't expecting coming from your background?

Sarah Reyburn: Right, right. They were new to me. Everybody's seen a Jell-O salad but there seem to be variations on the theme here that I hadn't heard. And the other thing that I noticed that people were always were putting spoons in—like, if you had a bowl of nuts or a bowl of mints there are always spoons in there. And I thought, well, that's really very nice,

sanitary. First of all, people's hands are not reaching in there and secondly, you've got a portion control thing going on, which in some community settings is a good thing. [Laughter]

Jessica Taylor: Definitely. [Laughter] And do you have any involvement or leadership in any of the market days or festivals or anything like that?

0:41:01

Or have you, or do you want to?

Sarah Reyburn: I'm trying to think about that. No, I don't. I'm very busy doing the things I'm doing so rarely will I take on yet another thing because I put a lot of volunteer energy into different parts of my life at different stages of my life. Sometimes if somebody asks me to do something I will say yes. I volunteer for an organization in Floyd which helps with placing and finding opportunities and shelter for asylees, and I guess just participating in the farmers market is helping the farmers market grow. And I work for this organization, as I said, that places foreign exchange students, which I just think is the best thing ever.

0:42:03

And the reason I do that is because I had experience hosting exchange students when my children were younger and so forth.

Jessica Taylor: Do you bake with your children at all?

Sarah Reyburn: Well, my children are now adults.

Jessica Taylor: Right.

Sarah Reyburn: But every time my granddaughter is here since she's been two, we bake. We bake cookies and we particularly like to make pizza. Pizza is great. So anytime I'm around them, yes. And I also make shortbread for them. One of them is allergic to eggs. She'll outgrow it, they tell me, which will be a good thing. So shortbread is excellent because it's basically just butter and sugar and flour. And pizza is good, too. There's no eggs in that.

0:42:58

Jessica Taylor: And the last thing I wanted to ask you is if you had any outside influences in terms of other bakers, other artists that influence your work?

Sarah Reyburn: That's an interesting question. I have decades of life experience which have influenced my work. And I'd have to give that some thought, but I know that I really like to cook and bake and explore ethnically. So if I have an opportunity to try something that—I once had some friends who were Armenian and they made these wonderful shish kebabs and so forth, so they opened up a whole new world of food choices. So I like to, I don't know, travel around the world in a culinary sense. [Laughter]

0:44:01

So yes, I've been influenced by people I've known that had different backgrounds than I did, and through travel also. And I'm always open to new things, and I try to help other people open up to new things, too.

Jessica Taylor: What do you hope for the future of the farmers markets?

Sarah Reyburn: Well, I just hope they all survive and thrive, and it becomes much more of a natural thing for communities. I think it's much, much better and to grow local and to shop local I think is a way of sustaining our future in healthy eating. I'm one of those people who don't go anywhere in the middle of the grocery store.

0:44:59

I'm a big advocate of avoiding processed foods. That doesn't mean I don't buy two or three bags of French fries or a pound or two of bacon a year, but that's about the way it is. I much prefer to shop locally and to buy healthy food. And all I can say is I hope there are more farmers markets. I hope more markets will buy from local farmers 'cause we're really spoiled in this country because you can have a kiwi anytime you want, or you can have an avocado anytime you want. And that's not at all natural or seasonal. [Laughter]

Jessica Taylor: Absolutely. Is there anything else you'd like to put on the record?

Sarah Reyburn: I can't think of anything. Thank you for inviting me to answer your questions. I hope I helped you out.

Jessica Taylor: It was great.

[End]